



Washington  
Massage

NEWS



Editor  
J.L. Hatch

December 1955  
Snohomish Wash.

Assistant Editor  
Regina Williams

*Greetings*

By Ruth Williams

Christmas, with the pungent odor of pine, the red radiance of poinsettia and holly berries, flickering candle light and yule-log, and the gay happy voices of carol singers! This is the greatest celebration of the year- the birthday of our Lord when the whole Christian world rejoices.

God so loved all His people that He gave us His Son: in our great joy and humble gratitude we make this a happy season by giving, and giving, and giving. But, Masseurs do not confine their giving to holiday time. All year we share our talent by the giving of our patience, gentleness and presence. We give our valuable time (the most precious thing we have), by assuming the duties of State and National Officers as well as by the responsibility of Committee Chairmen. At this Christmas time may each and every member be grateful for these A.A.M.M. gifts!

With heart stirring thankfulness to our present membership and to the founder of our organization, to all the great souls who have built it into a magnificent unit it is, we turn to ways of showing the sincere gratitude we feel. As State members, we can extend a kind hand of fellowship to the A.A.M.M. members wherever we find them. Those of us in the states can exert ourselves a little more to making each meet we attend a better one; we can cooperate with Chairmen and Officers more heartily and strengthen our group by every possible means. We can enter into enthusiastic participation in all A.A.M.M. affairs and thus gain an added happiness for ourselves.

Christmas time is a family time; our A.A.M.M. is like one big family stretching from Alaska to Alabama, from California to Carolina, from Maine to Mississippi! May we, our A.A.M.M. family, remember the true spirit of Christmas, and remembering, love each other a little better, grow in understanding and wisdom, give of ourselves more freely and be truly thankful for all that we receive.





## PRESIDENTS MESSAGE

Mary Babbitt, National Editorial Chairman, has requested me, as Washington state president, to appoint someone in the state to be responsible for an article or editorial for our national organ, The Masseur.

I have appointed Mr. J. L. Hatch to be responsible for sending in one article a month, as he being our state editor has access to some very good articles.

Mr. Hatch has requested that each state member write an article on health or massage technique and send them to him, preferably within a month.

He will then send one of these a month on to the national.

In this way each one will have an equal opportunity to express their thoughts or ideas.

So please do not fail us, even though it be a busy holiday season.

One of our good members suggested to me at the last state convention an idea which I think is very good. I don't think he would mind if I passed it on to other members.

His suggestion was that several Masseuse or Masseurs finance and operate a massage Clinic in a central point in each city for the express purpose of making it easier for patrons to obtain help. At the same time by combining our massage techniques we can better serve the public, also the Clinic idea is very professional and is a stride forward. Let us know what you think of the idea.

### A MASSEURS PRAYER

We thank Thee, Oh Lord,  
For strong sure hands,  
To ease each human pain.

We thank Thee, Oh Lord  
For strength of mind,  
To help each troubled brain.

We thank Thee, Oh Lord  
For wisdom we've gained  
And patience we've strived for and won

We thank Thee, Oh Lord  
That our work may go on,  
Long after we have passed on.

D. V. H.

Yours Fraternally  
Arthur D. Mann.

And now we have a COLONEL IN OUR RANKS

The following article is from the Nov 16 issue of the TRI-CITY HERALD serving Pasco-Kennewick - Richland refers to our own Ruth Williams who so ably distinguished herself as National President last year.

(quote) Tri -City Woman to be Colonel.

Mrs Ruth Williams, Kennewick masseuse, will be commissioned a Kentucky Colonel tomorrow noon at the Chamber of Commerce meeting in the Tri-City Country Club.

Mrs. Williams commission will be presented by Alford Amon, former mayor, on instructions from Kentucky Governor Lawrence W. Weatherby. The governor made his decision to commission the Kennewick woman while she was attending a national masseurs convention in Kentucky.

(we credit this news to Niedfelt)

Thought for Today-- Eph. 4:1 I therefore, the prisoner of the Lord, beseech you that you walk worthy of the vocation wherewith ye are called. With all lowliness and meekness and long suffering, for bearing one another in love. Endeavoring to keep the unity of the Spirit in the bond of peace.



ELKS FROM THE OREGON CHAPTER  
(Just South of the Border )

From this writers point of view, I've often wondered why people join organizations, then never attend their meetings. It's like a magazine and then never reading it. However, the last bi-monthly meeting of our chapter turned out the 'regulars' on Sunday Nov. 6th at Elizabeth VanderVeen's place of business, with Hattie Model as hostess. Among those present were six guests, one of whom, Elsie R Sander, mailed in her dues for the balance of the fiscal year. That gives our chapter a total of 14 regular and one honorary. Not bad for a new chapter.

A person just couldnt help being amused at the 'cheap publicity' the Chiropractors of Butler, Penn. are having for placing an A.A.M.M. member under arrest for practicing medical gymnastics and Swedish movements in his business. Seems as tho some Chiro's wish to claim all the branches of the massage profession along with their own. This I doubt, for if they can they will have to go back further in history than the Roman Empire, yes, even to the Egyptians, before they can claim any rights to the massage. Since Chiropractic is a new foundling in the field of human endeavor, they would do well to sweep their own doorsteps first, before finding the sliver in the other fellows eye. Next meeting will be held Jan 8th, 1956 with Olen O. Rose in charge of arrangements. Announcement of where the dinner meeting will be held may be had by contacting him at 7334 N. Montana street, Portland or your secretary. Every one try to be out this time.

Since the waetherman lowered the 'boom' on the northwest area, bringing all the cold weather, one begins to wonder how long before things get back to a normal basis. Anyone having a good idea for holiday adv, \*please contact me.

Remember, you cant take it with you, so why not take a little time out for yourself. Be seeing you soon, I hope, I hope.

ED

\* Your Wash. /hasn't figured out what is meant by 'adv. Here are a few take your choice; Advice, adventure, advise, advertisement.

Fraternally yours,  
OREGON CHAPTER A.A.M.M.  
By C.A. Tyler  
Sec-Treas.

SEATTLE CHAPTER HOLDS MEETING

The Seattle Chapter met Nov. 13 at the Elks Club at 2 P.M. Pres. P.R. Canaday called the meeting to order, opening with prayer by H.A. Niedfelt, followed by reading of minutes of last meeting by sec. Hatch. Minutes approved as read. State President Arthur Mann was present and told of the desires of the National editorial staff to have an article from a Washington member to put in the "MASSEUR" each issue. He announced appointment of J.L. Hatch of Snohomish to take charge of this privilege. (see editorial elsewhere this issue) Discussion as to what type of articles to send in followed this announcement. Mr Hatch requested each one present to write an article for him to have to send in regularly. All present agreed to write.

After a discussion Arthur Dunbar made a motion seconded by Niedfelt that we go on record attempting/some of the state business from pensioners needing our help . to get Motion carried.

Sec. Hatch was authorized to purchase stationary as needed. Following the business meeting Mr. Dunbar took the group down to show us the Athletic Club room and the bath and massage department where he has labored for some time or rather years. Mr. Dunbar announced that he served his last day at the Elks the day before and has taken the franchise of the massage department at the Crystal Baths at 722 Broadway. We are all wishing Arthur much success in his new venture.

Following the meeting all went across the street where we enjoyed a delicious no-host dinner in the beautiful Hungerford restaurant.



## CONSTRUCTIVE CRITICISM

This title was chosen after reading the following letter from John Murray, past president of the state chapter. While it is addressed to the Seattle camp, we are all human and can put the suggestions offered to work in our own lives.

Editor and members of the Seattle Chapter A.A.M.M.

It has become my painful duty to offer a bit of constructive criticism, to the members of our local association.

Since I am a past president of our local chapter, I know just exactly the problem that is in the mind of Mr. Canaday, my feelings go out to him 100%.

I was elected to that position of trust and honor when I was a mere greenhorn in the association, I had no knowledge of the business that had taken place in the past and no knowledge of the issues that were to even be presented at the next meeting.

When an issue was presented, I could only sit while the members talked and talked and I was trying to figure out what it was all about. I was aware that there had been arguments in the past. I wished to have as harmonious meetings as possible, so never used the gavel, preferring to let each one talk his or her heart out, with the result, nothing accomplished. My objective was to increase membership and get an accredited school or college of massage, with a standard curriculum. I approached several new prospective members and former members, who told me, when we buried the hatchet, and had something to show of benefit to them, they would join the association.

Now I plead with our membership to give Mr. Canaday a chance to conduct a meeting as it should be done. Let him prepare his agenda; let him know in advance, when you have something to present at the next meeting, that he may have time to think and study upon it. Then each one who has something to say, address the chair and be admitted to the floor, before talking. If we will only do this we can go through our business meetings in half the time, get things done and out of the way, before we begin visiting across the table or elbow to elbow.

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### EDITORIAL

### EDITORIAL

First of all, a big thank you for putting up with my in-experience and mistakes in getting out the past several issues of the Massage News; with the next issue Ruth Williams of Kennewick will be doing the typing and mimeographing while your editor will have nothing to do but sift and arrange the material that comes in --BUT\*--LETS HAVE IT.

With the copy shuttling between Kennewick and Snohomish it will be necessary for copy to be on my desk close to the 15th of the month, with a positive deadline of the 20th of the month. So much for the News.

NOW regarding the Presidents message on the second page.

What we want is good up to the minute material. You choose your subject, which can be on most any subject. Keep your articles limited to about 300 words. Here are just a few suggestive titles.

"Massage and care of post-operative cases."

"Massage during pregnancy"

"Mixing mental inspiration with massage"

"Re waiting room"

"Relief for bursitis"

"Help for sinusitis"

"Winning patience confidence"

"Arthritis"

"Varicose veins"

"Diet"

There dozens of subjects we could think of. Let us all pitch in and help to make our national paper a bigger and better paper each month. In case there are two people who write very much alike on the same subject, your editor might combine the two, crediting the authorship to both.

Another suggestion is to write up an experience in restoring a patient back to health, using substitute or fictitious names.

TO YOU MEMBERS WHO NEVER GET TO A LOCAL OR STATE MEETING, we especially invite you to get acquainted and make a contribution in this way.

ADDRESS ALL CORRESPONDENCE TO J.L.HATCH, 120 Ave D, SNOHOMISH, WASH.



SEATTLE LOCAL MEETS JAN 15, 56

Regina Williams, owner of the Better Health Salon, 5238 University way, Seattle, will be hostess to the Seattle Local on Sunday, January 15, 1956 at 2 P.M. at the home of her brother, Roger Orr, 5533 26th Street N.E.

Anyone not taking their car should take the Ravenna bus on Third Avenue. Take bus number 8, get off at 55th and go one-half block north. Let's all be there at the first meeting of the new year.

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Now P. R. Canady offers some good information in a question and answer period on

ZONE THERAPY

(Ques.) What is the purpose of zone therapy?

(Ans.) To determine the location of the organ that is sending out the danger SIGNAL.

(Ques.) What has caused this zone to become sore? Give the warning.

(Ans.) It is the accumulation of crystals or poisons, that have been thrown off by the overworked organ, to be carried out through the sweat glands, these glands not having had proper attention have failed to throw off and worse, are lying there forming a heap of putrid matter that is becoming crystalized, causing pain and impaired circulation.

(Ques.) What causes these organs to be overworked?

(Ans.) It is a toxic condition of the blood stream. These toxic conditions are brought about through faulty diet, faulty elimination, poor circulation, sedentary occupations and many other well known causes.

(Ques.) What takes place in zone therapy?

(Ans.) These deposits are broken up and thrown back into the blood stream whose job it is to carry these deposits to the sewer system of the body. The skin being the largest in this case, if these depots are already full then the congestion will sooner or later be found in some other zone may be more critical than before.

Then the purpose in zone therapy is the same as that in massage, to break up congestion and increase circulation. A good massuer or massuesse need not worry too much about zone therapy as under good hands these zones will have had all the patient will want to bear in one treatment.

A serious mistake is made by most zone therapists in working cold iron so to speak. Why overlook the most vital part of the health? The pores of the skin must be opened by profuse sweating, moist heat preferable. While the body is still in the sweating stage and well relaxed the operator begins his or her work on open pores, soft tissues, relaxed nerves, then as these deposits are broken up the blood stream has at once got a place to unload its cargo of poisons. Circulation means life, stagnation means death.

Our bodies are dying daily and it is the work of the blood stream to carry these dead cells to the organs of elimination, to be thrown off, and return to bring to the tissues new food for rebuilding and repair. Then as circulation is the goal to be achieved, the limbs should be elevated so that gravity is working with the operator, success is much more rapid in this manner.

Zone therapy is not a cure all but it is a valuable adjunct in therapy as it repairs the short circuit or congestion of waste which is a warning of other troubles as the zone may indicate. So zone therapy is nothing more or less than Prolonged massage, which is a reflex to the organ or organs which is referring the pain and tenderness. I find most patients resent too much reflex massage, so I say little about it and don't dwell too long on these spots, perhaps hitting them 3 or 4 times hastily and then move on to the adjoining area.

The modern theory of zone therapy is that crystalline deposits form at the nerve endings. These keep the electrical contact or impulse of the nerves from grounding. You are merely massaging out these crystalline deposits and thus enable the nerves to ground in the feet, hands or where ever you may choose to work. Hope to see you all at our next meeting, thank you, P.R.C.

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ROSTER OF MEMBERS WILL BE IN NEXT ISSUE. DUES MUST BE IN BY DEC 15 TO BE IN.